

7 DAY SPICY MEAL PLANNER

Slimfast.

Start today - to make it easy, here's a week of meals all planned out for you.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Simply Vanilla Powder Shake 	Chunky Chocolate Flavour Shake 	Chocolate Crunch Meal Bar 	Choca Mocca Flavour Shake 	Chocolate Peanut Meal Bar 	Simply Vanilla Powder Shake 	Café Latte Flavour Shake 
SNACK	Sour Cream & Chive Flavour Pretzels 	13 Whole Almonds 	Cheddar Flavour Bites 	1 Small bunch of grapes (100g) 	1 Apple 	Blueberries 	Barbecue Flavour Tortillas 
LUNCH	Summer Strawberry Flavour Shake 	Summer Berry Meal Bar 	Blissful Banana Flavour Shake 	Summer Strawberry Flavour Shake 	Café Latte Flavour Shake 	Chocolate Crunch Meal Bar 	
SNACK	Spicy Thai Noodle Box 	1/4 Pot (60g) Tzatziki & Carrot Sticks 	Chicken Tikka Masala Noodle Box 	Barbecue Flavour Tortillas 	Chocolate Nutty Nougat Snack Bar 	Barbecue Flavour Tortillas 	1 Banana 
EVENING MEAL	 1	 2	 3	 4	 5	 6	Chocolate Crunch Meal Bar 
SNACK	2 Satsumas 	Chocolate Nutty Nougat Snack Bar 	1 Pear 	Chocolate Caramel Treat Snack Bar 	Sour Cream & Chive Flavour Pretzels 	Heavenly Chocolate Delight Snack Bar 	Spicy Thai Noodle Box 

Moroccan chicken and couscous



ONLY 451 calories
1
 Preparation Time: 10 minutes
 Cooking Time: 5 minutes
 Serves: 2

Ingredients

100g plain couscous
 ¼ - ½ tsp harissa paste (optional and to taste)
 200ml boiling hot stock, chicken or vegetable (use ½ stock cube)
 200g packet of cooked chicken breast skin removed
 200g tomatoes chopped
 1 medium red pepper diced
 2 tsp. olive oil
 Squeeze of lemon juice
 Small bunch coriander chopped
 Tzatziki
 90g 0% fat Greek yoghurt
 80g chopped cucumber
 Small bunch of mint finely chopped

Directions

1. Tip the couscous into a heatproof bowl. Make up the stock with 200ml boiling water, ½ stock cube and stir in the harissa paste if using this. Pour the stock mixture over the couscous. Cover with cling film to keep heat in. Soak for 5 minutes.
 2. Chop the chicken into bite-sized pieces and add to the couscous.
 3. Mix in the chopped tomatoes, red pepper and coriander. Then moisten and flavour with olive oil and lemon juice.
 4. Finally make up the tzatziki by combining the yoghurt, mint and cucumber. Serve the couscous with a dollop of tzatziki on top.

Nutritional Information per Serving

kJ/kcal 1887 / 451
 Protein 45g
 Fat 8.6g
 Carbohydrat 48g

Red Bean & Pepper Chilli



ONLY 607 calories
2
 Preparation Time: 10 minutes
 Cooking Time: 15 minutes
 Serves: 2

Ingredients

1 tablespoon oil
 1 medium onion, thinly sliced
 1 garlic clove, crushed
 1 small red pepper, seeds removed and sliced
 400g can red kidney beans, drained and rinsed
 200g sweetcorn, drained
 200g can chopped tomatoes
 100ml vegetable stock
 1 teaspoon sweet chilli sauce, or to taste
 1 tablespoon tomato purée
 1 teaspoon sugar
 4 tablespoons sour cream, to serve
 Red chilli, thinly sliced, to serve (optional)
 ½ medium avocado, peeled and diced
 100g (dried weight) rice

For men, add 2 scoops of vanilla ice-cream (200 kcal)

Directions

1) Heat the oil in a non-stick saucepan and when hot, tip in the onion, garlic and some pepper. Cover and cook over medium heat for about 5 minutes, stirring occasionally, until softened and just beginning to turn golden brown.
 2) Stir in the beans, sweetcorn, tomatoes, stock, chilli sauce, tomato purée and sugar.
 3) Bring to the boil, cover and simmer gently for about 5 minutes, stirring occasionally.
 4) Top with the avocado, a spoonful of yoghurt and red chilli, if using. Serve with rice cooked following packet instructions.

Nutritional Information per Serving

kJ/kcal 2537 / 607
 Protein 18.2g
 Fat 19.9g
 Carbohydrate 80.0g

Spicy Pork Kebabs



ONLY 560 calories
3
 Preparation Time: 10 minutes
 Cooking Time: 12 minutes + 15 minutes (for marinating)
 Serves: 4

Ingredients

500g lean pork, cut into cubes
 100ml low fat natural yoghurt
 50ml Light mayonnaise
 1 dessertspoon garam masala
 Zest and juice of 1 lemon
 1 yellow or orange pepper, diced
 1 onion
 1 courgette
 Lime wedges and coriander leaves to garnish
 350g (dried weight) brown rice

For men, add a large portion mixed fruit salad (250g) (188 kcal)

Directions

1) Cook the rice according to the pack instructions.
 2) Mix together the yoghurt, mayonnaise, garam masala and zest and juice of lemon in a bowl. Stir in the meat and leave to marinate for 10-15 minutes.
 3) Thread meat onto skewers and cook on the barbecue or under a hot grill for 5-6 minutes on each side or until cooked through.
 4) Serve with lime wedges, coriander, salad and rice.

Nutritional Information per Serving

kJ/kcal 2365 / 560
 Protein 37.3g
 Fat 11.8g
 Carbohydrate 73.6g

Spicy Thai Salmon noodles



ONLY 433 calories
4
 Preparation Time: 5 minutes
 Cooking Time: 12 - 15 minutes
 Serves: 1

Ingredients

1 skinless, boneless salmon fillet (130g)
 1 small pak choi (100g)
 75ml dark soy sauce
 1 small garlic clove, crushed
 1cm piece of fresh ginger, peeled and grated or chopped finely
 1 teaspoon toasted sesame seeds
 1 SlimFast Spicy Thai Noodles noodle box
 1 spring onion, sliced
 Squeeze of lime

Directions

1. Preheat the oven to 200c (180 fan).
 2. Place the salmon fillet in a shallow ovenproof baking dish.
 3. Pull the pak choi stems apart and place in the baking dish either side of the salmon, or you can stir fry it separately while the salmon is cooking.
 4. Mix the soy, ginger and garlic and then pour over the salmon & pak choi.
 5. Cover with foil and bake in the oven for 12-15 minutes until the fish and pak choi is cooked through.
 6. Just before the salmon is cooked, microwave the SlimFast noodles as per the packet instructions.
 7. Serve the salmon and pak choi on top of the noodles (you won't need all the soy, just a drizzle will do), garnished with the sesame seeds and spring onions, finished with a squeeze of lime.

Nutritional Information per Serving

kJ/kcal 1812 / 433
 Protein 32.2g
 Fat 22g
 Carbohydrat 22.2g

Chicken Tikka Masala



ONLY 580 calories
5
 Preparation Time: 25 minutes
 Cooking Time: 18-20 minutes
 Serves: 4

Ingredients

3-4 chicken breasts (450g), skinned and cubed
 2.5cm piece of fresh root ginger, finely chopped
 2 garlic cloves, finely chopped
 1 teaspoon chilli powder
 Freshly ground black pepper
 2 tablespoons fresh coriander, chopped
 Juice of 1 lime
 50ml Flora Cuisine
 1 onion, finely chopped
 1 red chilli, deseeded and finely chopped
 1 teaspoon ground turmeric
 ½ chicken stock pot or cube
 284ml pot Elmlea single or mixed with low fat natural yoghurt
 Fresh coriander to garnish
 Basmati rice (300g) to serve
 For men, add a naan (70g) (200 kcal)

Directions

1. Place the chicken in a large bowl, mix with the ginger, garlic, chilli, black pepper, coriander and lime. Set aside.
 2. Heat half the Flora Cuisine in a heavy-based frying pan and fry the chicken for 8-10 minutes until brown.
 3. Meanwhile heat remaining Flora in a pan, cook the onion and red chilli until golden brown. Add the turmeric and cook for 1 minute.
 4. Stir in the stock pot, Elmlea and/or yoghurt and heat through gently. Add the chicken to the sauce. Simmer for 5 minutes or until the chicken is cooked.
 5. Garnish with coriander and serve immediately with rice and vegetables.

Nutritional Information per Serving

kJ/kcal 2437 / 580
 Protein 35.8g
 Fat 20.3g
 Carbohydrate 62.2g

Spicy BBQ Chicken salsa & potato wedges



ONLY 597 calories
6
 Prep time: 15 minutes
 Cooking time: 40 minutes
 (+ marinating) Serves: 4

Ingredients

800g chicken thighs or drumsticks
 160g tikka masala paste
 200g 0% fat Greek yoghurt
 Salsa
 360g cucumber chopped
 1 red onion finely chopped
 ½ red chilli finely chopped (optional)
 330g cherry tomatoes chopped
 Juice of 1 lime
 2 tsp. olive oil
 Small bunch fresh coriander, chopped
 Squeeze lemon juice
 Wedges
 500g potatoes, skins on & cut into wedges
 1 tsp. olive oil

Directions

1) Mix together the yoghurt and the curry paste. Rub the marinade over the chicken and leave to marinate for at least an hour or overnight.
 2) Preheat the oven to 220C (200C fan). Put the wedges on a non-stick baking sheet. Season with salt & pepper and add 1 tsp. olive oil. Bake for 40 minutes or until golden.
 3) Remove the chicken from the marinade, shake off any excess. Place on the BBQ (or in the oven with the wedges) for 25 minutes or until cooked through.
 3) Place the chopped cucumber, tomatoes, onions and chilli in a bowl. Drizzle over the olive oil and lemon juice and mix in the coriander. Season with salt & pepper.
 4) Serve with the salsa and some wedges.

Gluten free.

Nutritional Information per Serving

kJ/kcal 2498 / 597
 Protein 33g
 Fat 37g
 Carbohydrate 35g

Chilli lime & Prawn Linguini salad



ONLY 564 calories
7
 Preparation Time: 15 minutes
 Cooking Time: 8-10 minutes
 Serves: 2

Ingredients

200g linguine pasta
 200g cooked, peeled prawns
 2 large tomatoes, chopped
 1 small red onion, chopped
 3 tablespoons chopped fresh coriander
 150g bag crunchy salad leaves
 For the dressing:
 1½ tablespoons olive oil
 Zest and juice of 1 lime
 1 red chilli, deseeded and chopped
 Pinch of caster sugar
 Freshly ground black pepper
 For men, add 2 slices garlic bread (50g) (183 kcal)

Directions

1) Cook the pasta in boiling water for 8-10 minutes according to packet instructions or until al dente.
 2) Drain in a colander, then rinse in cold water until just cold and drain again.
 3) Place the prawns, tomatoes, onion and coriander in a large bowl.
 4) Whisk all the dressing ingredients together, season to taste, and pour over the vegetables in the bowl.
 5) Drain the pasta, add to the bowl along with the salad leaves.
 6) Toss well and serve.

Nutritional Information per Serving

kJ/kcal 2360 / 564
 Protein 29.5g
 Fat 10.8g
 Carbohydrate 83.1g